

Curriculum Vitae

Frederick J. Hensal, M.D.
Orthopaedic Surgeon

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Personal Details

NAME

Frederick J. Hensal

Education and Training

COLLEGE PREPARATION

State College Area High School
State College, Pennsylvania

PREMEDICAL/MEDICAL SCHOOL

Pennsylvania State University
State College, Pennsylvania
Thomas Jefferson Medical College
Philadelphia, Pennsylvania
Combined B.S. /M.D. Program

Penn State University Park, Pennsylvania B.S. (with highest distinction)	1972-1975 1975
Thomas Jefferson Medical College Philadelphia, Pennsylvania M.D.	1973-1977 1977

INTERNSHIP AND RESIDENCY

University of New Mexico School of Medicine	1977-1982
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Albuquerque, New Mexico
Orthopedics

FELLOWSHIP SPORTS MEDICINE

University of Pennsylvania
Philadelphia, Pennsylvania

July 1, 1982 – June 31, 1983

Appointments

ASSISTANT PROFESSOR

University of New Mexico School of Medicine
Department of Orthopaedics
Albuquerque, New Mexico

July, 1983 – September, 1985

CONSULTANT

Veterans Administration Medical Center
Department of Orthopaedics
Albuquerque, New Mexico

July, 1983 – September, 1985

STAFF SURGEON

Plains Regional Medical Center Clovis
Clovis, New Mexico 88101

September, 1985 – November, 2001

STAFF SURGEON

Roosevelt General Hospital
Portales, New Mexico

March, 1987 - 1998

CLINICAL ASSISTANT PROFESSOR

University of New Mexico School of Medicine
Albuquerque, New Mexico

07-25- 1992/11- 2001

Honors

Societies

Albuquerque and Bernalillo County Medical Association	1983-1985
New Mexico Medical Association	1983-2001
New Mexico Orthopaedic Association	1986-2001
American Academy of Orthopaedic Surgeons	1988-Present

Community Service

Team Physician Albuquerque Lasers Professional Volleyball Team	1978
Team Physician Saint Pius X High School, Albuquerque, New Mexico	1979-1981 1983-1985
Team Physician Clovis High School	1985-2001
Team Physician Easter New Mexico University	1985-2001

Licenses

Texas	2002 – Active
New Mexico	1978 – Active
American Board of Orthopaedic Surgeons	1985

Certification

National Board of Medical Examiners	1978
American Board of Orthopaedic Surgeons	1985

Publications

Hensal, F., T. Nelson, H. Pavlov, and J. S. Torg. September 1983. *Bilateral Patellar Fractures from Indirect Trauma*. *Clinical Orthopaedics and Related Research*; 178: 207-209.

June 1984. *Eye Protection of Racquet Sports*. Albuquerque and Bernalillo County Medical Association Reports; Volume VI No. Z.

Bonci, C.M., F. J. Hensal, and J. S. Torg. December 17, 1986. *A Preliminary Study on the Measurement of Static and Dynamic Motion at the Shoulder Joint*. *American Journal of Sports Medicine* 14.

Bonci, C., J. S. Torg, R. C. Lehman, J. R. Gregg, J. L. Esterhal, and F. J. Hensal. July 1987. *A Modified Bristow-Helfet-May Procedure for Recurrent Dislocation and Subluxation of the Shoulder*. *Journal of Bone and Joint Surgery*, 69-A: 904-913.

Presentations

“Anatomy and Biomechanics of the Rotator Cuff”
“Tears of the Rotator Cuff-Pathology and Pathogenesis”
“Tears of the Rotator Cuff-Diagnosis and Treatment:
Orthopaedic Ground Rounds, Lovelace Medical Center
Albuquerque, New Mexico, 1979

“Wringer Injuries”
Eleventh Winter Seminar, Carrie Tingley Hospital for Crippled Children
Truth or Consequences, New Mexico, December, 1980

“Isolated Epiphyseal Osteomyelitis in Neonates”
Twelfth Summer Seminar, Carrie Tingley Hospital for Crippled Children
Truth or Consequences, New Mexico, June 1981

“Emergency Care of the Neurotraumatized Patient”
Trauma Update, November 30, 1984
Albuquerque, New Mexico

“Examination of the Knee and Ankle”
Practical Orthopaedics in the Primary Care Setting, March 15, 1985
Albuquerque, New Mexico

“Technically Avoidable Complications in Interlocking Femoral Nailing”
46th Annual Meeting of American Fracture Association, April 24, 1985
Santa Fe, New Mexico

“Interlocking Femoral Nailing” A Preliminary Report: With Geoffrey Cook, M. D.
Fourth Annual Alumni Conference, and Department of Orthopaedics, University of New Mexico
Albuquerque, New Mexico

“Pins and Plaster Treatment for Complicated Fractures of the Distal Radius”
7th Annual Alumni Conference, Department of Orthopaedics, University of New Mexico
Albuquerque, New Mexico, June 1988

“Hip Fractures” Roosevelt General Hospital Staff Meeting, December 4, 1990
Portales, New Mexico

“Rehabilitation of Sports Injuries” Second Annual School Health Conference
Eastern New Mexico University, Portales, New Mexico, April 20, 1991

Credits Received

AAOS Orthopaedic In-Training Examination, January 1, 2002

AAOS 70th Annual Meeting, New Orleans, LA, February 5, 2003

AAOS Orthopaedic In-Training Examination, January 8, 2004

Advances in Knee and Shoulder Arthroscopic Surgery, Rosemont, IL. May 7-8, 2003

Pediatric Orthopaedics: Current Perspectives and Techniques, Scottsdale, AZ., October 17-19, 2003

7th Annual Current Advances in Surgery: Avoiding complications and Improving Outcomes in Orthopedic Surgery, December 9-11, 2003

Avoiding Disaster in the Medical Office Practice, Covenant Health System, November 14, 2003

“Non-Physician Practitioners” CME, Covenant Health System, January 14, 2004

AAOS 71st Annual Meeting, San Francisco, CA, March 10-14, 2004

AMA CME Medical Ethics for Physicians, August 20, 2004

Current Advances in Orthopaedic Sports Medicine and Trauma, December 9-12, 2004

Sports Medicine MRI Case Conference, Covenant Health System, March 1, 2005

Arthroscopy Association of North America, Phoenix, AZ
Shoulder Lecture and Laboratory, December 1, 2005
Hip Lecture, December 1, 2005
Foot and Ankle Lecture, December 2, 2005
Wrist and Elbow Lecture, December 2, 2005
Knee Lecture, December 2, 2005

CME Credit Received Before 1997 upon Request

Scientific Programs Attended

American Academy of Orthopaedic Surgeons, San Francisco, California, February 1997

Arthroscopy & Reconstructive Surgery, Robert W. Metcalf, M. D. Memorial Phoenix, Arizona, January 27, 1998 – February 1, 1998.

American Academy of Orthopaedic Surgeons, New Orleans, Louisiana, March 1998

Fractures Below the Belt, TTUHSC, Sante Fe, New Mexico, January 1999

Trauma & Reconstructive Surgery, Robert W. Metcalf, M. D. Memorial Scottsdale, Arizona, January 2000

The 3rd Annual Cleveland Clinic Orthopaedic Symposium, The Cleveland Clinic Center, West Virginia, June 2000

Wrist Injury Treatment for the 21st Century, Castle Medical Center, Cayman Island, November 3, 2000 – November 5, 2000

Fractures Above the Belt, TTUHSC, Santa Fe, New Mexico, January 2001